



Parent University X
Proactive Parenting - Nuts and Bolts of Raising Healthy Teens

FREE WORKSHOP FOR PARENTS OF ADOLESCENTS AND TEENS

The Tenth Annual Parent University, a parenting conference offered at **no charge** to the public, will be held on Saturday, December 3, 2005, at Miller Creek Middle School, from 8:30 a.m. to 1 p.m. (1500 Las Gallinas Road, San Rafael).

The keynote presentations given by Ronna Renner (in English) and Marisol Muñoz Kiehne (in Spanish) will be followed by workshops in both English and Spanish on topics such as anger and stress management, raising boys, navigating the teen scene, parent/teen communication, hosting teenage parties and many more. All workshops are designed to help parents of adolescents and teens meet today's challenges and will be led by experts who have extensive experience and success with teens. Parents will have the opportunity to attend two workshops during the half-day conference.

For more information, contact Deborah Hemphill at the Marin County Office of Education, (415) 499-5877 or Barbara Goodman at the Marin County Department of Health and Human Services, (415) 473-4170, or by going to www.healthyteensmarin.org. (Parent University is sponsored by Healthy Teens Marin, a collaboration of the Marin County Office of Education, Dept. of Health & Human Services, District Attorneys Office, Sheriffs Dept., Probation Dept., Public Defenders Office, Healthy Marin Partnership, the Marin Community Foundation, and the YMCA.)